

IS IT OK TO BREASTFEED MY BABY IF I AM SICK?

The best thing you can do to protect your baby from the 2009 H1N1 flu is to start or continue to breastfeed. Breast milk has antibodies in it that help the baby fight diseases. This is important when the baby's immune system is still developing. If you are ill when you deliver the baby, begin breastfeeding immediately. Even before your milk comes in, you will be giving your baby important antibodies.

While you are breastfeeding, be careful not to cough or sneeze in the baby's face. Wear a mask if necessary. Remember to wash your hands before and after touching your baby. Keep the baby's pacifiers and toys out of adults' or other children's mouths prior to giving them to the infant.

If you are infected with the 2009 H1N1 flu virus, call and inform your baby's doctor. The doctor may want to see the baby or will give you medical advice about how to keep your baby safe. You can continue to breastfeed while you are taking flu medicines from your doctor. Stay away from over-the-counter medications, except acetaminophen, without asking the doctor first.

PROTECT YOURSELF:

- Wash your hands with soap and water for 20 seconds.
- Cough into your sleeve or a disposable tissue and throw it away immediately.
- Stay home when you're sick.
- Avoid sick people if possible.
- Avoid touching your eyes, nose, or mouth.

WHAT IF MY INFANT OR YOUNG CHILD GETS SICK?

Children are more at risk for complications from the flu, especially those with high risk medical conditions, those under six months of age, and infants and children with poor nutritional and fluid intake due to prolonged vomiting and diarrhea. Young children are less likely to have typical flu symptoms like a fever or cough. Infants may have lethargy and fever, but may not have a cough or other respiratory signs or symptoms.

You should call your doctor if you suspect you child or infant has the flu. To relieve your child's fever, use anti-fever medications such as acetaminophen or ibuprofen, as recommended by your child's doctor. If your child is under four years of age, do NOT give over-the-counter cold medications without first speaking with your healthcare provider. Do NOT give aspirin or aspirin-containing products to any child under the age of 18 due to the risk of Reye Syndrome.

Educate your child about ways to prevent the spread of germs. Teach your child to properly wash his hands with soap and water for 20 seconds. One trick is to sing "Happy Birthday" twice while washing. Show your child how to cough or sneeze into his sleeve or into a disposable tissue and throw it away immediately. Tell your child to stay away from other people who may be sick with the flu. If your child is sick, keep him home until the symptoms go away.



Indiana State Department of Health

VACCINE RECOMMENDATIONS	Seasonal influenza vaccine	*2009 H1N1 initial target population
Pregnant women	X	X
People who live with or care for infants less than 6 months of age	X	X
Children 6 months - 18 years of age	X	X
Young adults age 19-24 years old	X	X
People aged 25-64 years who have medical conditions that put them at higher risk for influenza-related complications	X	X
Healthcare workers	X	X
People of any age with certain chronic medical conditions	X	
All people age 50 and over	X	
All people who live with or care for those at high risk for complications from flu	X	

\*Use of 2009 H1N1 vaccine should expand to other adult population groups as vaccine availability increases

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CLEAN  
COVER  
CONTAIN

PROTECT  
YOURSELF.  
PROTECT  
YOUR CHILD.

Get Your H1N1 Flu  
Vaccination NOW.

Follow the "three C's"

- CLEAN your hands thoroughly and frequently
- COVER your cough and sneeze
- CONTAIN your germs by staying home if you are sick



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**The 2009 H1N1 Influenza A** is a new flu virus and causes illness more frequently in younger people than seasonal flu. Flu is unpredictable, but scientists believe the new H1N1 flu virus will cause illness, hospital stays, and deaths in the United States over the coming months.



## Symptoms of 2009 H1N1 Influenza A:

- Fever/Chills
- Cough
- Sore throat
- Nasal congestion
- Headache
- Body aches
- Vomiting and diarrhea may also be present

All flu can be serious, with about 36,000 people dying from seasonal flu-related illnesses in the United States every year. Those who are at higher risk for the 2009 H1N1 flu include: pregnant women, persons under age 25 years, and individuals aged 25-64 who have one or more chronic medical conditions. These Hoosiers, with the addition of health care providers and people who live with or care for infants younger than six months, are encouraged to receive the 2009 H1N1 vaccine as soon as possible. You can contact your local health department for information on where to get the vaccine.

### IS THE VACCINE SAFE?

Flu vaccines have been used for more than 60 years and have an established record of safety in all age groups. While some adverse events have been reported, these have been very rare. Flu vaccination is always voluntary. Both the seasonal flu vaccine and the 2009 H1N1 flu vaccine are offered as an option for the prevention of the flu.

### WHY A SEPARATE VACCINE FOR H1N1?

Because different flu strains circulate each year, it is necessary to develop and distribute a “new” seasonal flu vaccine annually. Each year, the seasonal flu vaccine is tested in clinical trials to determine its effectiveness in preventing the flu. The same safe, routine testing was completed on the 2009 H1N1 flu vaccine. It was too late in the year to include the 2009 H1N1 strain in this year’s seasonal vaccine. However, due to the general public’s lack of immunity to this strain it was necessary to develop a vaccine just for the 2009 H1N1 strain.

### WHAT IS THE CONCERN FOR PREGNANT WOMEN?

Pregnant women are more likely to get sick than others and can have more serious problems with flu due to changes in your body during the pregnancy. These problems include preterm labor and severe pneumonia. Pregnant women are encouraged to get the flu shot each year and the H1N1 flu vaccine this season. The flu vaccine will also offer some protection for your baby during the first few months of life.



### HOW DO I KEEP FROM GETTING SICK?

You can prevent the spread of germs by following three simple steps: clean, cover, and contain. Clean your hands by washing them with soap and water often or using an alcohol-based hand sanitizer. Cover your cough or sneeze by coughing or sneezing into your elbow or a disposable tissue. Throw the tissue in the trash and wash your hands. Finally, contain the germs by staying home if you are sick. Make sure to call your doctor immediately if you are pregnant and have flu-like symptoms. Avoid crowded places, and if someone in your home has the flu, try to distance yourself from the ill person, and let your doctor know. Make sure the sick person also follows these steps.

### WHAT SHOULD I DO IF I GET SICK?

If you are pregnant and get sick with flu-like symptoms, call your doctor immediately. You may need to take antiviral medication. Take acetaminophen for fever, wash your hands often with soap and water, and cover your mouth when you cough or sneeze. If you have a high fever, productive cough, and shortness of breath, pain or pressure in your abdomen, or decreased or no movement from the baby, you should seek medical care at once.

If you are pregnant, you are at higher risk of becoming dehydrated with the flu and dehydration can cause preterm labor. Make sure you drink plenty of fluids. Have someone check on you periodically to make sure you have what you need and that you are not getting seriously ill.

### NEED MORE INFORMATION?

It is understandable to have questions regarding this new virus. The following pages contain information for pregnant women and mothers. For more information, you can visit [www.in.gov/flu](http://www.in.gov/flu) or follow H1N1 updates on Twitter at [www.twitter.com/INPublicSafety](http://www.twitter.com/INPublicSafety).